



Fat	Res. Veg	Protein	Free Veg
1/2	1/4	1	1

Lentil curry

If you don't like lentils, you will now, just try them cooked like this in a curry. It will be a dish you turn to time and time again. Lentil curry is served great as a main meal rather than as a side dish like the more traditional Indian dhal. Don't let the longer than usual list of ingredients faze you, this really is such an easy dish to make.

This recipe is high in protein, low in fat and the lentils are also a good source of fibre, folate, iron, potassium, and phosphorus. As a source of protein, lentils make an inexpensive, convenient and healthy alternative to other animal sources of protein.

Ingredients

- 1 red onion, finely diced
- 3 cloves of garlic, crushed
- 1 chilli, diced
- 3 tbsp of ginger, freshly grated
- 2 large tomatoes, diced
- 400g spinach
- 280g red lentils
- 1 tsp turmeric
- 1 1/2 tsp coriander
- 1 1/2 tsp cumin
- 1 tsp graham masala
- 1 tbsp extra virgin olive oil
- Juice of half a lime
- Salt and pepper to season

Directions

1. It couldn't be more simple to put this curry together!
2. In a pan soften the onion in a little water. Add the chilli, ginger, garlic and a little water. When the onion has softened add the tomatoes stir and cover. Reduce the heat for 20 minutes.
3. Add the remaining ingredients. Add 1 litre of boiling water to the mixture and bring to the boil, reduce the heat and simmer for half an hour before serving!